

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

FIRST NAMED INVENTOR : David MUNSON Confirmation No.: 5591  
FOR : METHOD AND APPARATUS FOR PHYSICAL  
FITNESS TRAINING  
APPLICATION NO. : 10/737,018  
FILING DATE : December 16, 2003  
EXAMINER : Glenn E. Richman  
ART UNIT : 3764  
CUSTOMER NO. : 23380

**AMENDMENT****Mail Stop AMENDMENT**

Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Sir:

The Office Action in the above-identified application was dated September 25, 2007. The three month period for responding to the Office Action expires on December 25, 2007. Accordingly, Applicant respectfully requests and petitions that the response date be extended two-months, up to and including, February 25, 2008. Payment of the \$230.00 extension fee is transmitted herewith.

In response to the Office action dated September 25, 2007, please amend the above-identified application as follows:

**Amendments to the Claims** are reflected in the listing of claims which begins on **page 2** of this paper.

**Remarks/Arguments** begin on **page 7** of this paper.